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Unity (12 Traditions) **Service** (12 Concepts) **Recovery** (12 Steps)

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Meetings: (Unity, Service, Recovery) Meetings are a place where people gather to discuss their common problem and the common solution. They are nonprofessional and self-supporting. There are many different formats of meetings. There are meetings where you can hear someone share their experience, strength and hope, some meetings will choose a topic, such as a step or tradition. **A home group** is a meeting you attend on a regular basis. This is where you can build strong bonds with other members, have opportunities to be of **service** and a place where other members know where they may find you.

Fellowship: (Unity, Service, Recovery) Fellowship is import to help stay involved in the program. Fellowship is useful for 10th steps. The more people we have connections with the easier recovery is. People in recovery are not immune to the difficulties that effect the rest of humanity. It's always good to have a fellowship of people that can relate to something you may be going through. They can share how they may have gotten through it. People in recovery are not a glum lot. We absolutely insist on enjoying life. Fun in recovery is important, and sober people know how to enjoy life without the use of alcohol or drugs.

Sponsor: (Recovery) A sponsor is a person who has had a spiritual awaking as the result of the 12 steps. That can show you how to practice the design for living that is outlined in the Big Book of Alcoholics Anonymous (12 steps). A sponsor is a good example of what a sober life looks like.

Service: (Service) Service work is exactly that. There are many ways to perform service work. Setting up a meeting, making the coffee, greeting people as they arrive to the meeting. Being the chairperson, secretary, treasurer, intergroup representative or general service representative. There are many service commitments that keep a group meeting going.

12 Steps: (Recovery) The 12 steps are the program of recovery. When practiced as a way of life the alcoholic/addict remains recovered. The clear-cut directions for the 12 steps are found up to page 103 of the Big Book of Alcoholics Anonymous.

Pages Xi – 45 STEP 1

Pages 45 – 57 STEP 2

Pages 58 – 64 STEP 3

Pages 64 – 71 STEP 4

Pages 72 - 75 STEP 5

Page 76 STEPS 6 & 7

Pages 76 – 84 STEPS 8 & 9

Pages 84 – 85 STEP 10

Pages 85 – 88 STEP 11

Pages 89 – 103 STEP 12